



April 28-30, 2010

Hyatt Regency, Dearborn, MI

Presented by:

Michigan Department
of Community Health



UDIM
UNITED DAIRY INDUSTRY OF MICHIGAN



With conference support from:

MICHIGAN
FITNESS
FOUNDATION

Generation With Promise

Division of Family & Community
Health, Michigan Department
of Community Health

With scholarship support from:

HealthPlus of Michigan

With support for the
Healthy School Environment
Recognition Awards:

Michigan Action for
Healthy Kids

GENERAL INFORMATION

2010 will mark the fifth time the **Eat Healthy + Play Hard = Smart Students Conference** will be held. This conference series provides a unique opportunity to help create healthy school environments. Schools can improve the health and academic performance of their students by using coordinated school health teams to focus on improving the school environment and policies related to healthy eating and physical activity.

Who Should Attend?

- School district officials, including administrators, superintendents and school board members
- School building personnel, including principals and teachers, especially health and physical education teachers, school nurses, psychologists and counselors
- School food service personnel, including dietitians
- PTA/PTO leaders
- Public health professionals
- Community partners in health and education
- Local and state government officials

Conference Registration

Online only in 2010! All conference registration must be processed through our new, online system. To register, go to www.smartstudentsconference.com

Conference Registration Fees

- \$160 until March 15, 2010
- \$200 after March 15, 2010
- Awards Breakfast only: \$25
- Training day: \$35
- Eagle Tavern Dinner: \$45 (includes transportation)

April 28 Dinner at the Historic Eagle Tavern

in Greenfield Village, The Henry Ford

The 2010 Smart Students Conference is planning to offer participants a special opportunity to take part in a private dinner at Greenfield Village's historic Eagle Tavern. Dinner and round trip transportation is just \$45 for an evening you won't forget. Built in Clinton, Michigan, in 1831 as a stagecoach stop for weary travelers, Eagle Tavern still exudes the warmth and camaraderie of the era today. With a menu designed especially for us by Chef Nick Seccia, featuring locally grown foods reflective of 19th century meals, you will enjoy an unforgettable, authentic meal presented on a living stage by costumed servers who bring the 19th century to life.

www.smartstudentsconference.com

GENERAL INFORMATION

Important Notice on Hotel Guest Rooms

The conference itself will take place at the **Hyatt Regency Hotel in Dearborn, Michigan**, as previously announced. However, due to conflicts with another group, the Hyatt notified us in January that they can no longer provide guest rooms to the Smart Students Conference. Rather than trying to move the entire conference or change the dates, we were able to secure guest rooms at two nearby hotels, the **Ritz Carlton** and the **Doubletree Detroit/Dearborn**. Both properties graciously offered us rates similar to those formerly available at the Hyatt for the nights of Tuesday, April 27; Wednesday, April 28; and Thursday, April 29.

The Hyatt will provide bus transportation to and from both the Ritz and Doubletree to the conference site and to the dinner at The Henry Ford. The bus schedule will be posted online two weeks prior to the conference. You are welcome to drive yourself to the Hyatt and The Henry Ford as well. Parking is complimentary at all locations and directions will be posted online prior to the conference.

Hotel Reservations

The cut-off date for the conference rate is April 14th at both hotels.

Ritz Carlton

**300 Town Center Drive, Fairlane Plaza
Dearborn, MI 48126**

Located .57 miles from the Hyatt—This is a walkable distance.

- Rate (single or double): \$99 plus 14% tax per night
- Cut-off date: April 14, 2010
- Call: 1-800-241-3333 and reference “Smart Students Conference or MDCH” to obtain the conference rate.

Doubletree Detroit/Dearborn

**5801 Southfield Expressway
Detroit, MI 48228**

Located 1.51 miles from the Hyatt; off the Southfield Expressway, near Ford Road.

- Rate (single or double): \$89 plus 15% tax per night
- Government rate of \$65 is available with proper government identification.
- Cut-off date: April 14, 2010
- Call: 1-800-222-TREE OR 313-336-3340 and reference “Smart Students Conference” to obtain the conference rate.

Cancellation Policy

Full refunds—less a \$25 processing fee for the conference—are available for cancellations made online by Tuesday, April 20, 2010. You will not be able to receive a refund for any reason after April 20th as printing and meal guarantees must be provided and paid for by April 21st. Please note that all cancellations must be made online, not by telephone, e-mail or fax.

Continuing Education Credits

For information on continuing education credits for teachers, registered dietitians, food service administrators, social workers and health care personnel, please call 517-663-5147 or e-mail Diane Drago at DMSdiane@concentric.net.

For information on sponsoring or exhibiting at the conference and for all other questions, please contact:

Diane Drago, Conference Coordinator
Diversified Management Services
517-663-5147 (v)
517-663-5245 (f)
DMSdiane@concentric.net
Conference web site:
www.smartstudentsconference.com

CONFERENCE AGENDA

April 28-30, 2010

Hyatt Regency, Dearborn, MI

Wednesday, April 28, 2010

Lunch On Your Own

11:00 a.m.

Registration and Exhibits Open

12:15 p.m.

Welcome

Setting the Scene

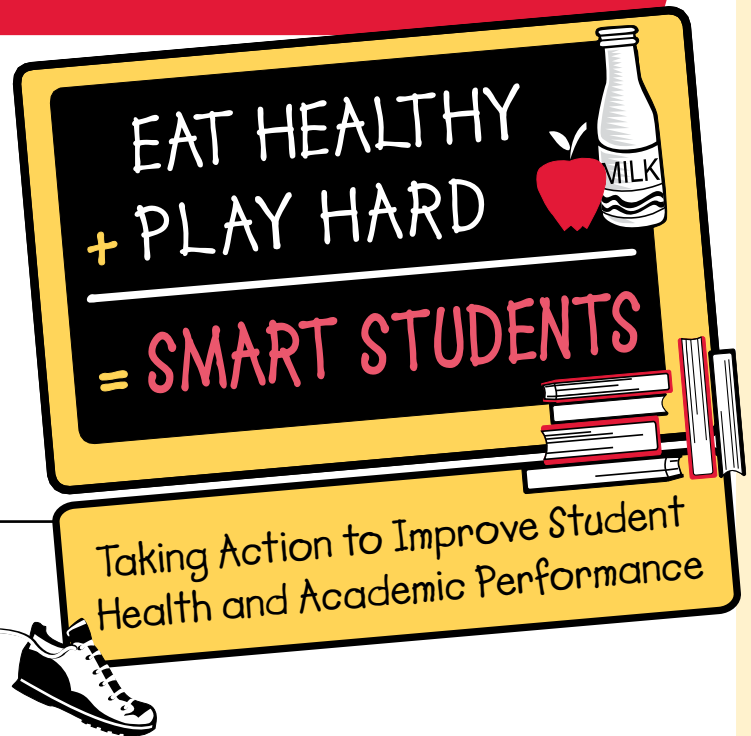
Jim O'Neill, PhD, O'Neill Consulting, Chelsea, MI

12:45 p.m.

Opening Keynote: Lessons Learned On a Very Long Walk

Mark Fenton, MS, Host, PBS television series, *America is Walking*; Consultant, University of North Carolina Pedestrian and Bicycle Information Center; Contributing Editor, *Health Magazine* and Editor-At-Large, *Walking Magazine*, Scituate, MA

In August of 2006 Mark was part of a five-person team attempting to hike the full 218-mile John Muir Trail in just seven days. (The trip was detailed in the Dec. 2007 issue of *Backpacker* magazine.) The plan was to average 31 miles (about 50 kilometers) a day from Yosemite National Park in the north to Mt. Whitney in the south, crossing over ten mountain passes ranging from 9,000 to over 13,000 foot elevations in the process. Though the stunning images of the rugged Sierra Nevada high country make it a visually impressive presentation, the enduring lessons learned preparing for and during this hiking marathon are transferable to absolutely everyone, whether building more activity into your own life or promoting it for others. You can receive practical insights such as gearing up for a more active lifestyle (from shoes to walking poles) and matching your activity level to your goals (health, weight loss, fitness).



Taking Action to Improve Student Health and Academic Performance

But you will also get a peek into the keys to motivation and making behavior change stick. That leads to the real insight of this experience: that the greatest challenge we face is building a world where everyone can be more active without having to seek out a 220-mile backcountry trail. Learn whether the hikers succeeded and be impressed with what the human body can do when given the very best that the natural world has to offer as daily inspiration.

2:00 p.m.

Break with Exhibitors

2:15 p.m.

Concurrent Breakout Sessions - Group A

1: No Child Left Inside (repeated April 29 at 11:15 a.m.)

Jessica Shaffer, MAT, School Health Education Consultant, Michigan Department of Community Health, Lansing, MI

Paula Nettleton, Director, Educational Materials Center, Central Michigan University, Mt. Pleasant, MI

This presentation will raise awareness of the connections between the health of young children and a healthy school environment, with emphasis on the benefits of exposure to the outdoors. It will show how these benefits can be strengthened through collaboration, including the efforts of the No Child Left Inside Coalition.

2: Managing Food Allergies in the School

Carol Finkelstein, *Food Allergy & Asthma Educator, Comprehensive Food Allergy Clinic, Allergy & Asthma Institute of SE Michigan; Vice President, Legislative Affairs & Advisory Board Member, Asthma and Allergy Foundation of America, Michigan Chapter, (AAFA-MI), West Bloomfield, MI*

Food allergies are a significant, growing health concern, resulting in over 30,000 emergency room visits and 150 fatalities annually. It is estimated that 12 Million Americans, or approximately 1 in 25 people, has a food allergy – or one child in every classroom. The numbers are growing and there is no cure. This session will help participants learn about food allergies and intolerances and provide a better understanding on how to manage them in the school setting. The focus will be on common sense practices that teach real world coping skills.

3: Building Healthy Meals Students Will Like (repeated April 29 at 11:15 a.m.)

Kevin Sarb, MS, RD, MBA, *School Nutrition Consultant, Michigan Department of Education, Lansing, MI*

This session will teach participants about the development of the Michigan Nutrition Standards and will review a sample of the Michigan Menu, based on these standards. Resources that can be used to bring menus in line with the standards will be outlined and success stories will be shared that show how schools have achieved the goal of providing healthy meals that students both like and will eat.

4: School Breakfast is a Brain Boosting Body Builder (repeated April 29 at 2:15 p.m.)

Deb Grischke, MS, CFCS, *Healthy Lifestyle Consultant, United Dairy Industry of Michigan, Okemos, MI*

Maureen Murphy, RN, BSN, *Health Care Coordinator, School Nurse, Detroit Edison Public School Academy, Detroit, MI*

Susan McCausland, RD, *Food Service Director, Inkster School District, Inkster, MI*

Bruce Spychalski, *Food Service Director, Pellston Area Schools, Pellston, MI*

You won't want to miss this panel discussion on school breakfast, featuring 2009 Michigan School Breakfast Challenge Honor Roll Districts who are helping their students start the day ready to learn! These special panelists are ready to share their success and answer your questions about how they increased their breakfast participation by at least 50%. A United States Department of Agriculture reimbursable school breakfast provides 25 percent of the recommended daily allowance of protein, calcium, iron, vitamins A and C, and calories. Research

shows that children who participate in a School Breakfast Program score better on standardized tests, improve academic achievement, have fewer health issues and behave better in class. Learn from your peers on how you can be a champion for breakfast in your district and help kids boost brainpower and build better bodies!

5: Self-Esteem, Dignity and Respect: Supporting Student Emotional & Social Health

Renee Branch Canady, PhD, MPA, *Deputy Health Officer, Ingham County Health Department, Lansing, MI*

This session applies a social justice and health equity lens to expand the participant's understanding of the traditional psycho-social constructs of self esteem, dignity and respect. Participants will be introduced to relationship-based and client-focused conceptual models to bring greater depth to their role as advocates for the emotional and social well-being of students.

6: Creating Active School Communities and Environments

Mark Fenton, MS, *Host, PBS television series, America is Walking; Consultant, University of North Carolina Pedestrian and Bicycle Information Center; Contributing Editor, Health Magazine and Editor-At-Large, Walking Magazine, Scituate, MA*

Two frustrations plague school physical activity promotions: Traditional programs (such as a lunch-time walking club) are only utilized by those who are already inclined to be physically active. Even worse, when a specific program is launched to reach the inactive population, those who take part, only do so as long as the program is in place. This session focuses on creative approaches to engaging more of the population in physical activity through the most inviting activity with the fewest barriers (walking) and then getting that activity to stick through environmental and policy supports that make it easier and more appealing to stay active. This session will include a 30-minute walkabout intended to demonstrate how to overcome barriers to physical activity.

7: Cyberbullying

Gillian Mayman, MLIS, *Public Health Librarian, Health Sciences Libraries, University of Michigan, Ann Arbor, MI*

Participants will discuss the diverse manifestations of cyberbullying, including text messaging, social networking sites, and online forums. We will look at methods of preventing cyberbullying and best practices for ensuring healthy online relationships for students. Case studies will explore possible responses to cyberbullying and participants will receive a set of resources to help educators, parents, and students.

3:30 p.m.**Break with Exhibitors****(Guest room check-in as needed)****3:45 p.m.****Concurrent Plenary Sessions****Session A: Ten Things About Child Nutrition**

Robert D. Murray, MD, Director, Center for Healthy Weight and Nutrition, Nationwide Children's Hospital; Professor of Clinical Pediatrics, The Ohio State University College of Medicine, Columbus, OH

This session will look at the state of nutrition for U.S. children. We will first describe what ideal nutrition means, before identifying the ways that parents instill dietary habits in their very young children. Those habits have been fundamental reasons why children have become overweight and undernourished. We will discuss how parents can improve nutrition to raise a child who is healthy, fit and ready to learn every day – and how schools can help make it happen.

Session B: Classroom Applications of Brain Research to Improve Academic Performance

Paul Zientarski, MS, Department Chairman for Physical Education, Health and Driver Education, Naperville Central High School, Naperville, IL

This presentation will show the link between the values of scheduling QUALITY Physical Education prior to academic classes, enabling students to be better prepared for learning. Participants will gain an understanding of brain research that will enable them to apply strategies to classrooms for improved academic performance and student engagement.

5:00 p.m.**Adjourn** (Guest room check-in, as needed)**6:00 p.m.****Buses depart from hotels for dinner at The Henry Ford****6:30 p.m.****Dinner****CONFERENCE AGENDA****Thursday, April 29, 2010****7:00 a.m.****Registration****7:45 a.m.****Breakfast Buffet with Exhibitors****8:15 a.m.****Healthy School Environment Recognition Awards**

PRESENTED BY:

Kimberlydawn Wisdom, MD, MS, Michigan Surgeon General, Michigan Department of Community Health, Lansing, MI

Barb Flis, BIS, Founder, Parent Action for Healthy Kids, Farmington Hills, MI

9:30 a.m.**Break****9:45 a.m.****General Session: Using the Media to Promote Good News About Your School**

Kathleen M. Zelman, MPH, RD, LD, Director of Nutrition, WebMD

This session will familiarize participants with inside information on how the media works and how schools can reap the benefits of working with the media. It will teach school advocates how to craft messages, press releases and promotional material to share the good news about what is going on inside schools. It will help them to proactively develop positive messages about physical activity and nutrition to share with parents, colleagues, administrators and the community.

11:00 a.m.**Break With the Exhibitors****11:15 a.m.****Concurrent Breakout Sessions - Group B****8: No Child Left Inside** (a repeat of session #1)

Jessica Shaffer, MAT, School Health Education Consultant, Michigan Department of Community Health, Lansing, MI

Paula Nettleton, Director, Educational Materials Center, Central Michigan University, Mt. Pleasant, MI

This presentation will raise awareness of the connections between the health of young children and a healthy school environment, with emphasis on the benefits of exposure to the outdoors. It will show how these benefits can be strengthened through collaboration, including the efforts of the No Child Left Inside Coalition.

9: Building Healthy Meals Students Will Like (a repeat of session #3)

Kevin Sarb, MS, RD, MBA, School Nutrition Consultant, Michigan Department of Education, Lansing, MI

This session will teach participants about the development of the Michigan Nutrition Standards and will review a sample of the Michigan Menu based on these standards. Resources that can be used to bring menus in line with the standards will be outlined and success stories will be shared that show how schools have achieved the goal of providing healthy meals that students both like and will eat.

10: Students Lead the Wellness Effort in Schools

Ann Guyer, RD, School Marketing Specialist, United Dairy Industry of Michigan, East Lansing, MI

Paula Kerr, MS, RD, School Marketing Specialist, United Dairy Industry of Michigan, Grand Rapids, MI

The National Dairy Council and National Football League have teamed up to help America's students eat right and stay active with Fuel Up To Play60 (FUTP). This comprehensive program focuses on empowering youth to take action for their own health by implementing long-term positive changes for themselves and their schools. FUTP60 will provide youth with the tools and resources needed to increase access to nutrient-rich foods (low fat dairy, fruits, vegetables and whole grains) and opportunities for 60 minutes of physical activity per day. What makes this approach different is that it is not a one-size-fits-all program, but reaches out directly to youth for their help and voices in leading and making a difference in not only their schools, but also within their own daily lifestyles. FUTP60 School Program Advisors will share how this program has been successfully implemented in their schools.

11: Taking Nutrition Education Beyond the Classroom

Jamila Stevens, MSW, Coordinator, Generation With Promise - Family Enhancement Project, Office of the Surgeon General, Michigan Department of Community Health, Detroit, MI

Stacey Withers, Parent-School Coordinator, Generation With Promise - Family Enhancement Project, Office of the Surgeon General, Michigan Department of Community Health, Detroit, MI

Involving students with nutrition education and encouragement to make healthy food choices is possible through school-based interventions, but reaching parents/caregivers is more difficult. This session will share strategies of how 100 families were successfully recruited to come to school for a series of cooking/nutrition education classes. Strategies used to engage them and keep them coming back will be shared. Testimonials from parents and middle school students about what they learned and enjoyed and about how this class changed the way they shop and prepare foods for their families will be shared through a panel presentation that includes participants as well as project staff. The chef, nutrition educator, and evaluator will be present to participate in the Q and A period. Information about funding and resources used will be available so attendees can learn how to modify this program for implementation in other areas with high levels of low-income schools.

12: Creating Successful School-Based Health Services

James Rutherford, PhD, MPA, Health Officer, Calhoun County

Cynthia Cook, PhD, CHES, Safe & Drug Free Schools Coordinator, Calhoun Intermediate School District, Marshall, MI

This presentation will describe the steps taken by the School Wellness Committee in Calhoun County to create a centralized model for school nursing, starting with a needs assessment. The Committee moved forward with assessment recommendations, including the creation of a new centralized model, standardization of policies and collaboration with the local community college to engage student nurses in the program. Implementation of the program within local communities is scheduled for the fall of 2010.

13: Success Stories in Health Education

Linda Meeder, District Health and Human Services Coordinator, Jackson Public School District, Jackson, MI

Alyssa VanDeventer, Health and Physical Education Teacher, Mason Public Schools, North Aurelius and Steele Elementary Schools, Mason, MI

Ever wonder how others implement health education? Jackson Public Schools has been recognized by the CDC as a national model for coordinated school health and this presentation will guide participants through a series of steps that were taken to improve school nutrition policies. In these times of growing demands and shrinking funds, champions are still finding success with school nurses and the Michigan Model for Health for comprehensive health education. This session will feature these successes and those who helped make it happen.

14: Top Ten Ways for Students to Meet National Physical Activity Recommendations

Mark Fenton, MS, Host, PBS television series, *America is Walking*; Consultant, University of North Carolina Pedestrian and Bicycle Information Center; Contributing Editor, *Health Magazine* and Editor-At-Large, *Walking Magazine*, Scituate, MA

Lisa Grost, MHSA, PAPHS, Building Healthy Communities and Physical Activity Public Health Consultant, Michigan Department of Community Health, Lansing, MI

They are at school, healthy and making the grade – Yes, students! Schools across the country are increasing physical activity opportunities and adding movement into the school day. The integration into the classroom, policy alterations and change in operations are happening to increase the health of our future adults and capitalize on academic achievement. This fun session will provide the ten top ways to assist students in getting the recommended daily 60 minutes of physical activity.

12:30 p.m.
Healthy Lunch

1:30 p.m.
The Radio Disney performance

This energizing performance will get you up, moving, and motivated to enjoy the rest of your day.

2:00 p.m.
Break

2:15 p.m.
Concurrent Breakout Sessions - Group C

15: Asthma 1-2-3

Patty Inman, Program Director, American Lung Association of Michigan

Jan Roberts, RN, AE-C, Hurley Medical Center, Disease Management

Over 230,700 children in Michigan have asthma, and asthma accounts for 570,000 Emergency Department visits each year. With so many children living with asthma, schools are faced with the ongoing challenge of providing safe and healthy environments. Personnel often feel unprepared to handle an asthma emergency, and without proper education and awareness, asthma can be frightening not only for children living with the disease, but also for the adults caring for them. Asthma is the leading cause of school absenteeism among all chronic diseases affecting

at least three children in a classroom of 30. Do you know what to do if a student in your school has an asthma emergency? Does your school have policies and asthma management plans in place to meet these challenges? Join us to learn about effective Asthma Management for your school, and what you should do in an asthma emergency. Asthma 1-2-3 can help your school improve the asthma health environment as well as the lives of students living with asthma.

16: School Breakfast is a Brain Boosting Body Builder (a repeat of session #4)

Deb Grischke, MS, CFCS, Healthy Lifestyle Consultant, United Dairy Industry of Michigan, Okemos, MI

Maureen Murphy, RN, BSN, Health Care Coordinator, School Nurse, Detroit Edison Public School Academy, Detroit, MI

Susan McCausland, RD, Food Service Director, Inkster School District, Inkster, MI

Bruce Spychalski, Food Service Director, Pellston Area Schools, Pellston, MI

You won't want to miss this panel discussion on school breakfast, featuring 2009 Michigan School Breakfast Challenge Honor Roll Districts who are helping their students start the day ready to learn! These special panelists are ready to share their success and answer your questions about how they increased their breakfast participation by at least 50%. A United States Department of Agriculture reimbursable school breakfast provides 25 percent of the recommended daily allowance of protein, calcium, iron, vitamins A and C, and calories. Research shows that children who participate in a School Breakfast Program score better on standardized tests, improve academic achievement, have fewer health issues and behave better in class. Learn from your peers on how you can be a champion for breakfast in your district and help kids boost brainpower and build better bodies!

17: Greening Your School

Jennifer Jettner, MSED, Special Education Teacher, Jeffers Elementary - Spring Lake Public Schools, Spring Lake, MI

Christine Clover, President, Jeffers Parents Club and chair, Eco-Beautification Committee, Jeffers Elementary School, Spring Lake, MI

This unique session will outline the steps followed by Jeffers elementary school to become Michigan Green School certified. It will detail numerous options on ways to increase recycling efforts in schools and how to generate the necessary enthusiasm and support from administrators, parents and students for a successful program.

18: The Power of Role Models: Team Nutrition Role Modeling Success Story Winners

Super Star Educator: Amy Kilgren, *Family & Consumer Science Teacher, Highlander Way Middle School, Howell, MI*

Super Star Food Service Staff: Martha Powelson, *Food Service Director, Alma Public Schools, Alma, MI*

Super Star Volunteer: Renee DeFrang, RD, CDE, *Director of Outpatient Nutrition Services, United Lifestyles - Spectrum Health United Memorial, Greenville, MI*

Positive role models are fundamental to the development of youth. Being around adults who model healthy eating and engage in physical activity can create within young people positive behaviors that can last a lifetime. During the 2008-09 school year, Michigan Team Nutrition selected 21 role modeling winners from among 103 nominations received from schools throughout the state. This presentation features three of the top award winners in a panel discussion. Panelists will share their inspiring role modeling stories and share insight into how you can get your staff and colleagues to role model healthier behaviors for youth.

19: Physical Education for Students with Disabilities: Appropriate and Active!

Mike LeMerise

Suzanna Rocco Dillon, PhD, *CAPE, Division of Kinesiology, Health and Sport Studies, Wayne State University, Detroit, MI*

This session will address the current mandates for physical education for students with disabilities as well as how local districts are addressing these mandates. At the same time, it will present the concept of "Simplexity Games," activities that are inclusive for all students. Participants will be encouraged to participate in the activities presented and will be provided time for questions and answers.

20: Partnering for Success: How Health Departments Work and How to Work with Health Departments

Amy C. Greene, MSW, MPH, *Manager, School Health Council, National Association of Chronic Disease Directors, Atlanta, GA*

Shannon Carney Oleksyk, MS, RD, *Childhood Overweight Prevention Specialist, Michigan Department of Community Health Cardiovascular Health, Nutrition & Physical Activity Section, Lansing, MI*

Have you ever struggled with how to understand the work of health departments? Has anyone ever asked you "what do health departments really do anyway?" To support partnership and communication in the area of school health and wellness, the National Association of Chronic Disease Directors presentation will help individuals

outside public health identify at least four key roles of public health departments and how they can help state education departments or schools meet their goals. The various divisions and departments within public health that are involved in promoting healthy schools will be identified.

21: Methods to Promote Good Mental Health for School Staff

Marisa Nicely, MSW, *Director of Clinical Services, Starfish Family Services, Inkster, MI*

This session will include discussion of ways to support teachers and other professionals in maintaining good mental health, as well as mitigating the impact of dealing with the difficult and sometimes traumatic situations that can arise in the course of their work with children, youth and their families.

3:30 p.m.
Break

3:45 p.m. Closing Keynote: The Art of Vision in Education

Erik Wahl, *President, The Wahl Group, Inc., San Diego, CA*

You must see it before you can achieve it. Budget cutbacks, standardized testing and pressure to perform have forced the educational community to do more with less. The Art of Vision is an entertaining and highly practical program that inspires educators to define a clear passionate vision for the future of our children. Whether you are a teacher, an administrator, board member or parent, we all have the ability to profoundly and positively impact the lives of our children. Erik will help each member of the audience identify their role in public education as an artist as well as an architect. The Art of Vision is an inspiring multi-media experience that is designed to explore new levels of success and achievement.

5:00 p.m.
Adjourn



CONFERENCE AGENDA

Friday, April 30, 2010

In conjunction with the 2010 Eat Healthy + Play Hard = Smart Students Conference, seven specialized training sessions are offered. These intensive trainings are designed to give more comprehensive information and delve deeper into the subject areas than can be accomplished in a typical conference setting. All training sessions end by Noon, except for Training #2, which is *By Invitation Only*.

7:30 a.m.

Registration and Healthy Breakfast

8:30 a.m.

Training #1: My Garden: Nutrition Education through School Gardens

Becky Henne, Associate Program Leader, Michigan State University Extension, East Lansing, MI

Have you ever wanted to start a school garden but didn't know where to begin? Join us for a fun and interactive session where we will hear from students and educators who have made gardens work in schools. This session will get you ready to jump into Nutrition Education through School Gardens at your school and in your classroom. The session will include success stories, strategies to overcome challenges, possible funding sources, and how nutrition education through school gardening can be accomplished while teaching to Michigan grade level content expectations. Urban, suburban, or rural, all schools can start and maintain a school garden that is a vibrant, active learning space for children of all ages. You'll leave ready to turn those April showers into a MyGarden project.

Training #2: Michigan Team Nutrition Youth Wellness Mid-Year Meeting

Nick Drzal, MPH, RD, Education Consultant, Manager, School Nutrition Training and Programs, Michigan Department of Education, Lansing, MI

Whitney Vance, MS, RD, Nutrition Education Consultant, Michigan Department of Education Grants Coordination and School Support Coordinated School Health and Safety Programs

Kevin Sarb, MS, RD, MBA, School Nutrition Consultant, Michigan Department of Education, Lansing, MI

The Michigan Team Nutrition Youth Wellness Mid-Year Meeting is funded by the National Association of State Boards of Education (NASBE) and is limited to Michigan Team Nutrition Youth Wellness Initiative Mini-grant Teams. The purpose of this meeting is to review the Michigan Nutrition Standards and gather feedback regarding their

implementation in 48 pilot schools throughout the state. Peer group sessions will be held to discuss challenges and successes experienced while implementing the Michigan Nutrition Standards. This will be an informative, information sharing day with fellow mini-grant teams.

Training #3: Materials Management Training

Paula Nettleton, Director, Educational Materials Center, Central Michigan University, Mt. Pleasant, MI

Join the staff of the Educational Materials Center from Central Michigan University for an information-packed, fun-filled exploration of educational materials management. This event is designed for those individuals working within Intermediate School Districts, or similar settings, who are responsible for ordering, receiving, distributing and maintaining inventory control of classroom materials and/or offering technical assistance to teachers in support of materials, specifically those related to the Michigan Model for Health. Session will include opportunities to network with others in similar job roles throughout the state and to share ideas, successes, and obstacles in managing a materials-intensive educational program.

Training #4: Current Issues in Physical Education: Why Physical Education Matters in our Schools

Glenna DeJong, PhD, EPEC/Michigan Fitness Foundation

Marci Scott, PhD, RD, Michigan Fitness Foundation

The ever-increasing pressure on schools to improve standardized test scores has narrowed the school curriculum, often at the expense of physical education. There is speculation that this practice has even contributed to the obesity crisis and increased health concerns for our children and youth. Join us for a timely discussion on the importance of physical education in our schools for both health and learning. Leave with supporting documents for quality physical education from the Surgeon General, American Heart Association, American Cancer Society, and the American Diabetes Association; an alignment of EPEC with the Michigan GLCEs; and a presentation to use back in your district.

Training #5: Technology and Bullying Training

Gillian Mayman, MLIS, Public Health Librarian, Health Sciences Libraries, University of Michigan, Ann Arbor, MI

Participants will learn what cyberbullying is, how to prevent it, and what steps can be taken to end it. What are kids doing online? Where are the dangers? Examples of cyberbullying using social networking sites, text messaging, and online forums will be demonstrated and possible solutions discussed. Participants will create a cyberbullying prevention plan tailored to their own institution. Approaches for prevention may be based on technology, behavior, and providing alternative activities. Case studies will explore possible responses to cyberbullying and participants will receive a set of resources to help educators, parents, and students.

Training #6: Eliminating Barriers to Learning

Lauren Kazee, Mental Health Consultant, Child and Adolescent Health Center Program

The overall aim of the Eliminating Barriers to Learning curriculum is to help those working with students to understand and appropriately address mental health issues in the school environment. Developed by the Substance Abuse and Mental Health Services Administration, part of the U.S. Department of Health and Human Services, it offers information on adolescent social-emotional wellness and provides specific skill-based techniques for classroom use. In this half-day session, participants will be trained on this curriculum and also will learn its applicability to a school based or linked health center.

Training #7: Generation With Promise Project Meeting

Barbara Blum, MPH, MSW, Project Manager, Generation With Promise - Office of the Surgeon General, Michigan Department of Community Health, Detroit, MI

Anne Murphy, PhD, RD, Healthy Kids Evaluation Services, Generation With Promise - Office of the Surgeon General, Michigan Department of Community Health, Detroit, MI

The Generation With Promise (GWP) project leadership team and school personnel from participating schools will meet to share successes and lessons learned during this school year and throughout the project. Schools and the GWP team will also plan to effectively complete year three of this W.K. Kellogg-funded grant project. Discussion topics will be based on input from GWP school staff.



Cosponsorship of a conference by the Michigan Department of Education assumes the active participation of Department of Education staff in the planning and development of the agenda. No person shall be denied the opportunity to participate on the basis of race, color, religion, national origin or ancestry, age, sex, marital status or disability. The conference facility must meet federal and state accessibility standards. Commercial products or services displayed or presented as a part of the conference are not considered endorsed by the MDE. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, S.W., Washington DC 20250-9410. This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture. The contents of this publication do not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.